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ROCKBROS Arm Sleeves

ROCKBROS Arm Sleeves - Cycling Arm Warmer User Manual

Model: Arm Sleeves

1. Introduction

This manual provides essential information for the proper use, care, and maintenance of your ROCKBROS Arm Sleeves. Designed for cycling, running, and various outdoor activities, these arm sleeves offer warmth, moisture-wicking properties, and flexibility. Please read this manual thoroughly to ensure optimal performance and longevity of your product.

2. Product Features

The ROCKBROS Arm Sleeves are engineered with several key features to enhance your comfort and performance:

- **High-Performance Materials:** Constructed from a blend of fleece for warmth and Lycra for elasticity and durability, developed by ROCKBROS.
- **Breathable and Moisture-Wicking:** Designed to absorb moisture and wick away sweat, keeping your elbows dry and maintaining a constant temperature during physical activity.
- **3D Tailoring:** Features a three-dimensional tailoring with four-needle, six-thread fine stitching technology for a stable and ergonomic fit around the elbow, differing from standard cylindrical designs.
- **Versatile Design:** Can be worn as a long-sleeved lining or as an outer layer with short sleeves, adapting to various clothing styles.
- **Anti-Slip Strips:** Integrated anti-slip silicone strips ensure the sleeves remain securely in place during movement.
- **Reflective Logo:** Includes a reflective ROCKBROS logo for increased visibility and safety during low-light conditions.



Image 1: Close-up view of the ROCKBROS Arm Sleeves highlighting the 3D stitching design and the thermal material.



Image 2: Illustration showing the reflective logo for night safety and the non-slip silicone strips integrated into the arm sleeves.

3. Setup and Wearing Instructions

1. **Select Correct Size:** Refer to the sizing chart in Section 6 to choose the appropriate size for a comfortable and effective fit.
2. **Positioning:** Slide the arm sleeve onto your arm, ensuring the wider end is positioned towards your bicep and the narrower end towards your wrist.
3. **Adjust for Comfort:** Gently pull and adjust the sleeve so it sits smoothly against your skin without bunching or feeling too tight. The 3D tailoring should conform to your elbow.
4. **Secure Fit:** The integrated anti-slip silicone strips at the upper cuff are designed to keep the sleeve in place during activity. Ensure these strips are flat against your skin.



Image 3: A cyclist wearing ROCKBROS Arm Sleeves, demonstrating the secure fit provided by the anti-slip strips.

4. Operating and Usage

ROCKBROS Arm Sleeves are designed for various activities where arm warmth, protection, and moisture management

are beneficial.

- **Cycling:** Provides thermal insulation during cooler rides and wicks away sweat during more intense efforts.
- **Running:** Offers warmth for early morning or evening runs, and helps manage perspiration.
- **Other Sports:** Suitable for basketball, hiking, or any outdoor activity where arm coverage and temperature regulation are desired.
- **Layering:** Can be worn under short-sleeved jerseys or shirts for added warmth without bulk.



Image 4: An individual engaged in cycling, demonstrating the comfortable and warm fit of the arm sleeves during activity.



Image 5: Example of ROCKBROS Arm Sleeves being used during a cycling activity.

5. Maintenance and Care Instructions

To ensure the longevity and performance of your ROCKBROS Arm Sleeves, please follow these care instructions:

- **Washing:** Hand wash only. Use cold water and a mild detergent.
- **Drying:** Do not tumble dry. Lay flat to air dry away from direct sunlight or heat.
- **Bleaching:** Do not bleach.
- **Ironing:** Do not iron.
- **Dry Cleaning:** Do not dry clean.
- **Storage:** Store in a cool, dry place when not in use.

6. Sizing Guide

To select the correct size, measure the circumference of your arm above the bicep and the length from your bicep to your wrist. Compare your measurements to the table below. If your measurements fall between sizes, it is recommended to choose the larger size for comfort.

ROCKBROS Arm Sleeves Sizing Chart

Size	Circumference above (in)	Length (in)
S\M	9.45	15.75
L\XL	11.2	17.32
2XL\3XL	12.59	18.89

Note: Please follow the size chart to choose your size. If your size is in between, please choose the larger size.

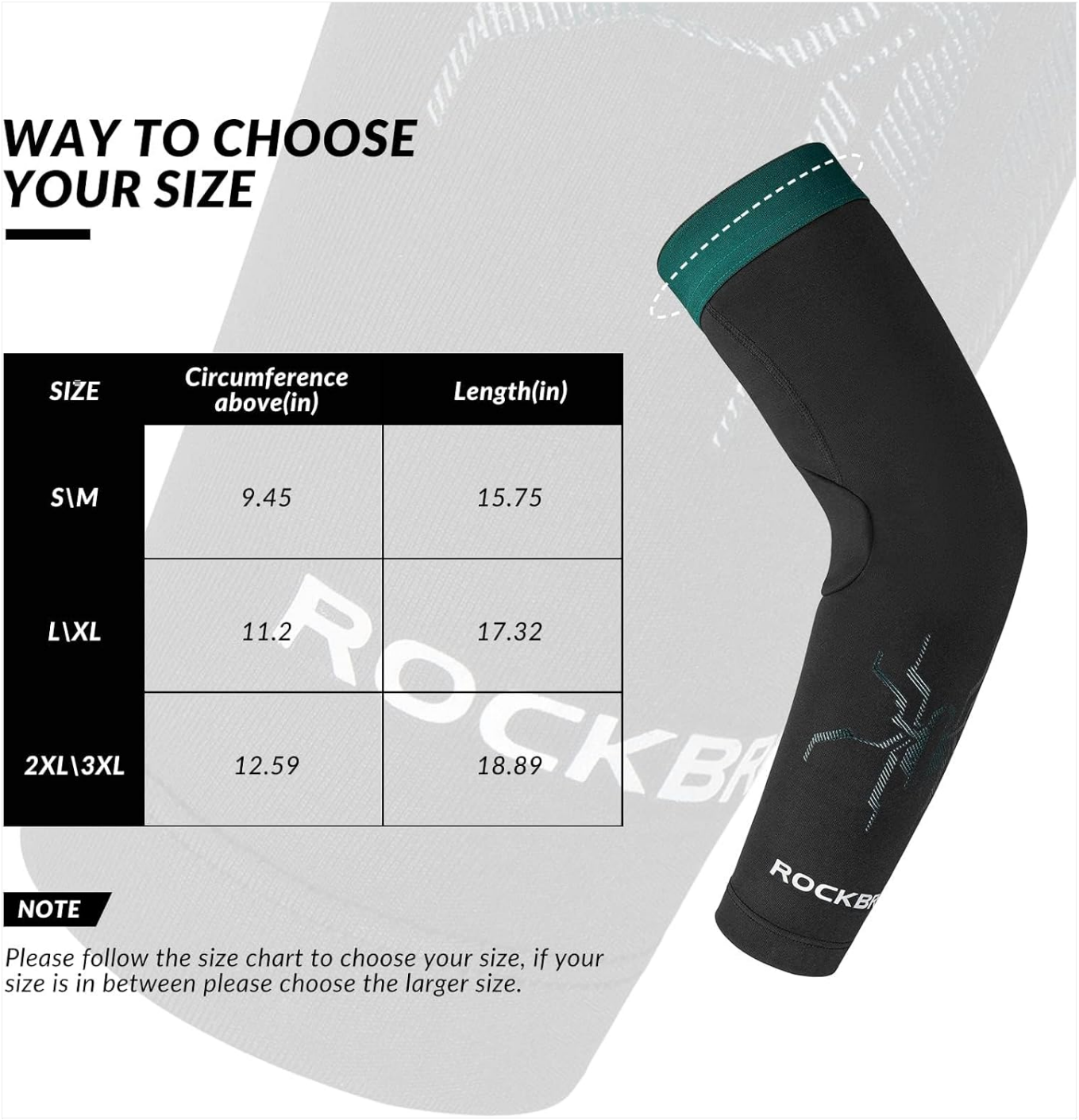


Image 6: Visual representation of the sizing chart for ROCKBROS Arm Sleeves.

7. Specifications

- **Brand:** ROCKBROS
- **Model:** Arm Sleeves
- **Material:** Polyester (Fleece and Lycra blend)
- **Department:** Unisex Adult
- **Care Instructions:** Hand Wash Only
- **Recommended Uses:** Increased Blood Circulation, Maintain Body Temperature
- **Product Style:** Thermal
- **Origin:** Imported
- **Package Dimensions:** 6.06 x 5.16 x 1.42 inches
- **Item Weight:** 2.57 ounces

8. Troubleshooting

If you encounter any issues with your ROCKBROS Arm Sleeves, consider the following:

- **Sleeves slipping down:** Ensure you have selected the correct size according to the sizing chart. The anti-slip silicone strips should be flat against your skin.
- **Discomfort or tightness:** Verify that the size is appropriate. If between sizes, a larger size might be more comfortable. Ensure the sleeve is not twisted.
- **Reduced effectiveness (warmth/wicking):** Ensure proper care instructions are followed. Residue from detergents or fabric softeners can sometimes affect material performance.

9. Warranty and Support

For information regarding product warranty, returns, or customer support, please refer to the retailer where you purchased the product or visit the official ROCKBROS website. You can also visit the ROCKBROS Store on Amazon for more product information and contact options.

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